

Recipes and Tips



Nettle soup with spring herbs

You can add some sorrel, chard, watercress, spinach or the outside leaves from a lettuce, you don't just stick with the unadulterated nettle.

- 1 small carrier bag or bucket of nettle heads
- A couple of the spring herbs you have on hand
- 2 large potatoes, peeled and chopped
- 2 cups of frozen peas
- 2 litres of stock
- Juice of a lemon
- 2 onions
- 4 cloves of garlic – crushed
- Large knob of butter
- 300ml (1/2pt double cream)
- Nutmeg, salt and pepper.

Melt the butter and gently sweat the onion for 15 minutes with some salt. Try not to let it colour.

Add the garlic and cook for another minute.

Add the potatoes, peas, nettles and other leaves if using.

Cook for another few minutes with the lid on before adding the stock.

Simmer for fifteen minutes then add the lemon before blitzing in a liquidizer or by using a hand blender.

Stir in the cream and grate in some nutmeg and a few turns of black pepper.